

Mount Kuring-gai Public School News

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TERM FOUR - WEEK 9

DECEMBER 2019

PRINCIPAL'S MESSAGE:



I can't believe that this is the final newsletter of the year and that we have just one week left of the 2019 school year. Schools are places of progress and change and MKPS has certainly had its fair share of changes over the last year or two. New Principals (Mr Pinchbeck, Mrs McDonald and myself), Assistant

Principals (Ms Weekes, Mr Byrne, Miss Wargren and Miss Brown) and staff changes due to pending retirements (Mrs Wasowski) and babies (Mrs Eastgate and Mrs Mealing). Changes keep things fresh and moving and helps build resilience in us all. As you would be aware by now, the changes will continue into 2020, with our much-loved Mrs Tudor, Ms Hindmarsh and Miss King moving on from MKPS next year. We are very sad to lose such dedicated teachers who are totally committed to the education and wellbeing of our students. Also, Mrs Fife and Mrs Akdag, who supported students in Auslan, will not be returning in 2020. I thank each of them for their dedication to the school and for their contribution to lives of all at MKPS. Thank you and good luck. You will all be sorely missed!

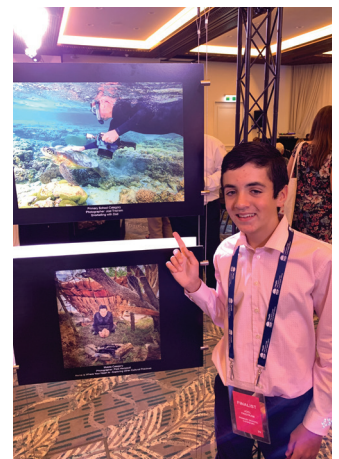
We have been finalising class lists and considering which teachers will take which classes. As usual, this information will not be shared until the beginning of the 2020 school year, as there are no guarantees that plans won't change. I can announce that we should maintain 8 classes, which is exciting. We will welcome Miss Pardey, Mr Tapping and Mr Simnett to our teaching team next year and we are so happy to keep on Mrs Els, Mrs Connolly, Mrs Todd, Mrs Whiting and Mrs McCloghry in various temporary roles. Our other permanent staff will of course continue on into 2020, including Miss Brown, Miss Wargren, Mrs Slade, Ms Samuel.

Wednesday 29th January will be the first day back for students next year. When the bell goes, all students should line up in their 2019 class lines and we will announce classes and call the first roll call of 2020 – exciting stuff!

I am still feeling so blessed that I am principal of this beautiful school. I continue to witness more examples of our wonderful school community. When we were without power for 3 days, I saw parents going back and forth between the canteen and their cars with eskies to save the valuable stock and then to cook the lunch order food in their home ovens to allow our students (many of whom did not have power themselves) to have lunch. Then on the Friday, Tamara and Belinda thoughtfully went out of their way to organise a sausage sizzle to again provide the

option of lunch to our students. I would like to thank Tamara and Belinda not only for these examples, but for their dedication and commitment to providing our families with the option of lunch orders year round, and for their diligence in ensuring that we adhere to the government's Healthy Canteen Program guidelines.

Speaking of Healthy Canteens, we were very excited to hear that one of our talented Year 6 students, Joel T., won third prize in a national photographic competition run by the Mid-North Coast Local Health District. In addition to Joel's individual prize, he has also won for the school \$500 to go towards our Healthy Canteen Program. Congratulations and Thank you, Joel!



MKPS Weekly Calendar

WEEK 10

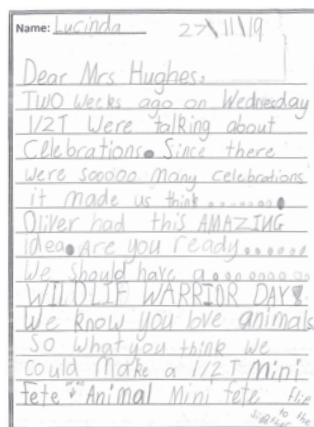
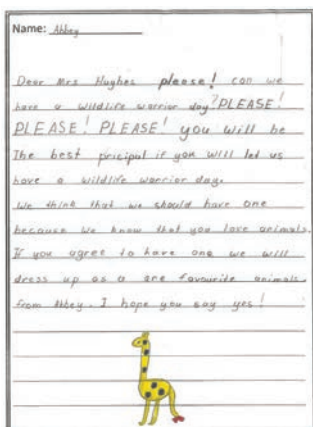
Dec 16 Wildlife Warrior Day
Art Club with Mrs Slade

Dec 17 Talent Show - 12.30pm
Presentation Night - 6pm
Junior Choir with Ms Samuel/Mrs Tudor
Senior Choir with Mrs Slade

Dec 18 Last Day of Term 4
Year 6 Assembly - 2.45pm
Year 6 Arch Farewell - 3.15pm
P&C Pizza Night - 5pm
AUSLAN group with interested Year 5 and 6
Junior Dance Group with Mrs Connolly

Stage One Student Warriors!

I was so proud to receive individual letters from the students in 1/2T advocating for the plight of our native wildlife during these harsh times of bushfire and drought. The students also invited me to their classroom to present a PowerPoint presentation, with the intent of persuading me to agree to a Wildlife Warrior Day. A day for Stage 1 students to raise funds to adopt a koala and donate any extra funds to pay for the planting of koala food eucalyptus trees, from the Koala Hospital. How could I deny this heartfelt plea? Well, obviously I couldn't! I will be excited to see our Year 1 and 2 students selling cupcakes for 50c each (thanks to the families for baking them!). They are also running a colouring competition and everyone is asked to dress up as their favourite animal for a gold coin donation (you can donate more if you like with all monies raised going directly to the Koala Hospital). Thank you to our Stage One teachers for fostering pride and compassion for our world in our students. It truly warms my heart. Many adults should learn from these young people about how we need to make a stand for what we believe in!



Year 6 Leavers

Year 6 students have been very busy this term with camps, learning songs and dances, fundraisers, formals and assemblies. They will have their final assembly on the last day of the year (Wednesday 18th December) where they can show off their high school uniform and will end with leaving via the traditional student arch. On behalf of the school, I wish each of them the very best as they venture into the next chapter of their education in high school. Good luck!

Year 5 Leader Speeches

Year 5 students interested in taking on a leadership role in 2020 presented speeches to students from Kindy to Year 5 last week. All candidates spoke extremely well and I'm sure I am not the only one who had difficulty in voting for just four of the 11 worthy candidates!



2020 Student Leaders Announced!

I was pleased to announce at our 3-6 Celebration of Learning on Tuesday, the new Student leaders for 2020 elected are:

Prime Ministers - Daniel G. and Maisie W.

Deputy Prime Ministers - Jessica B. and Chris I.

The official 'swearing in' of the 2020 Student Leadership Team and the presentation of badges will occur at the formal Presentation Assembly in Tuesday 17th December starting at 6pm.

Parents will be invited to accompany their child on the stage to pin on their badge and show their support of these important roles.

It is important to note that there are many leadership roles within our school parliament and all candidates should have a role to play. These roles will be decided on early in the new school year.

I'd like to thank our current 2019 student leadership team, notably, Toby Y., Jamieson, R., Surmayi P. and Jake J. who have had many opportunities to represent our school as our leaders and ambassadors, as well as all the student leaders who have contributed to school parliament on behalf of their classmates and fellow students. Thank you.



CELEBRATION OF LEARNING

Our Celebration of Learning assemblies ran smoothly this week, despite the high temperatures. It was great to see such wonderful performances from the School Band, combined dance groups, and K-2 and Year 6. I loved having the celebration in our own school hall, instead of bussing everyone offsite. I look forward to the formal Presentation Evening next week where we will recognise outstanding achievement and 'swear in' our new parliament leaders. We will have a number of special guests attend, including local member, Matt Kean, my Director, Ros McCallan, representatives from Berowra Rotary Club and some special guests associated with some of our perpetual awards. I thank them for taking time out of their busy schedules to support our school community.



Reports and End of Year

Reports have been sent home this week and again, I thank the teachers for the extra time it takes in preparing them. Many hours goes into writing the reports which can only be done in their own time. I was impressed with how many students have demonstrated that hard work and dedication leads to progress and they should be so proud of their achievements this year!

Unfortunately, there are still some families who have fees outstanding. Pam and I will distribute invoices to those concerned. If you believe that you have paid for things listed, please provide us with receipts/bank statements so that we can amend our records. A reminder, that next year we will be continuing to enforce the policy brought in at the beginning of this year, where events will need to be paid for prior to attending. Also, students who have not paid for 2019 PSSA teams or Creative Arts groups this year will not be able to try out for 2020 groups until these fees are paid. Our hope is that no child misses out on any activity they are interested in, but the school can no longer afford to fund these costs as it affects other areas of our budget and means the whole school misses out in other areas. As an example, the unpaid fees prior to this year could have paid for a teacher for 2 days a week for the year or 50 lap tops! Please see me if you are experiencing financial hardship to possibly negotiate a plan.

Students will be bringing home artwork, text books and work books in the next week. Please keep in mind that if you find some pages of books incomplete, that this does not mean the students have not covered this content. Research tells us that hands-on, experiential learning is the most effective where students can interact with concrete materials to solve problems and collaborate with others. Of course, there will always be an important place for pen and paper work, but while it may seem a waste to have incomplete pages, it would be more of a waste to have missed valuable learning experiences in order to fill pages of books.

Auslan



Our students and teachers are privileged to have the opportunity to develop another form of communication with Auslan. Thank you to Mrs Fife, who has spent time with every class teaching the alphabet as well as the school song. She and her Auslan group, which runs one morning a week have also videoed the school song and National Anthem for classes to refer to and practise. Next year we will endeavor to incorporate Auslan into our phonics learning with a focus on Kindergarten.

It was such a treat to see the Auslan group perform with Stage 3 students at an assembly this term, with a wonderful combination of dance, drama, singing and signing! Thank you to both Mrs Fife and Mrs Slade for coordinating this performance.

Thank you to our P&C

I would also like to thank the hard-working and dedicated P&C. We are so lucky that these wonderful volunteers care enough to give their time and energy for the good of the students, staff and their fellow parents and carers! The P&C are also responsible for the running of the canteen, band program, uniform shop and OOSH – all of which enhance our school and improve the school experience for us all. Just in the last year, MKPS has benefited from the P&C efforts by receiving Shade Sails, iPads, Lap tops, Girls' soccer jerseys an even Chicks in kindy! The staff have felt supported by enjoying luncheons, treats, supplies and classroom support. It truly feels like we are all in it together for the good of our students – thank you! Congratulations to the newly elected P&C committee for this coming year: President, Lindy Donnelly, Vice Presidents Richard Thompson and Paul Williams, Treasurer, Michelle Birch and Secretary, Mel Wood. I look forward to working closely with you over the next year!



Please also see information about the P&Cs Pizza Night later in this newsletter.

I would also like to thank Pete Robson from RedRabbit (www.redrabbit.net.au) who has put together our newsletters this year. Thank you, Pete and Belinda, for bringing a more professional standard to our newsletters and for saving us so much time!



I warmly wish all our families and staff a happy and peaceful break and look forward to seeing everyone return safely in the new year.

*Kind regards,
Mrs Greta Hughes*

***Introducing our new 2020 Kindy students.
We are so excited to have them join our
school community next year!***



Stage 1

What a year it has been in Stage 1. We have had a blast and learnt tons. Outdoor learning is our favourite way to learn. With a range of activities to choose from, there was no time to be bored. In Science, we explored our Earth and Space, where we were able to do a variety of experiments. We made a cloud in a jar and grew our own crystals. Once we had clear skies, we were also able to enjoy some time out on our backs, identifying clouds and watching each one move and change.

We were also very fortunate to have our very own tadpoles. We eagerly watched them grow and change into very tiny frogs. What a fantastic way to learn about how creatures change.



We have also really enjoyed our integrated unit “Wildlife Warriors” where we came up with the idea for our Wildlife Warrior Day which we will host on the last Monday of the year (see info next).

What an amazing year!



WILDLIFE WARRIOR DAY

Next week, we will be having a Wildlife Warrior Day which is an initiative of our Stage One students. It is wonderful to know that the future is in good hands with such compassionate and thoughtful students leading the way in caring for our animals and the environment. The passion they have displayed during class discussions and in their writing over the last semester, highlights their growing knowledge of endangered animals, and how even the smallest of acts, like picking up rubbish, can have a positive impact on our local wildlife.

Our Wildlife Warrior day will be held on Monday 16th December and students are asked to bring in a gold coin donation to dress up as their favourite animal or carry their favourite toy animal. Cupcakes will also be available to purchase for 50cents (thanks in advance to our wonderful bakers)! We will also announce the winners of the colouring competition.

All money raised will go to the Koala Hospital where we will adopt a koala (Lion Leo – see cute photo) to assist with medical care as well as assisting with conservation and expansion of koala habitats. More information can be found at: <https://www.koalahospital.org.au/>

We are so proud of our Wildlife Warriors for helping to make a difference.

Mrs Tudor and Mrs Els



PSSA League Tag

Today saw the final round of the PSSA League Tag Summer competition. Unfortunately, due to the poor air quality, only the Junior and Senior Grand finalists played, while the rest of the schools watched and cheered on the teams.

It has been wonderful to see the students develop and improve their skills over the course of the season, helped along by the

coaching sessions kindly provided by the NRL coaches prior to the Friday games. Thank you to the parents who were able to drop their children to the early coaching sessions, cheered on the games and helped out with substitutions when the teachers were refereeing. Thanks also goes to all the staff who were involved in the running of the PSSA League Tag.

Mrs Carla Todd

Gymnastics

Thanks to Bec Ross and the wonderful Moving Bodies instructors for providing our students with an exciting gymnastics experience during this term. Students have swung, balanced, jumped, leaped and rolled their way through a 6 week program, developing and honing their fundamental movement skills.



Surf Awareness Excursion

During Term 4, students in Stage 3 participated in a surf awareness excursion at Dee Why beach where they took part in a variety of surf based activities. This followed on from a school visit where students learnt about beach safety, including identifying rips and what to do if caught in a rip.

Students had a great day, diving under waves, board riding out through the rips and catching waves back in, amongst other activities. With Summer now upon us, it is hoped that this experience will help our students enjoy the beaches safely over the upcoming holidays.



Learning and Support News

Hi everyone,

This week you will start to notice things being sent home - artwork, books, things from school. As this happens, students realise that change is near. This is an evitable part of life, but there are things we can do to make it easier. Talking to your children about changes that you have gone through, and what you did to make it easier, can help your children relate (eg a new job, moving house, a new baby). It is natural to feel anxious, worried, nervous and scared. But it is what we do with these feelings that matters. Talking about these feelings openly, and about the positive things that may result from change can help: change is opportunity; it is a chance to challenge ourselves; make new friends; experience new situations. It may also be useful to display a calendar / planner for when things will happen (even for next year): the dates for the first day back at school, exciting things to look forward to in the holidays. As we talk about change though, it is important to recognise that although many things may change (classes, teachers, environments, classmates), many things also stay the same: the school routines of the bell, the lunch hours, different lessons like library and music. I was recently reminded of a situation where a child was prepared so well for the change from 2018 to 2019, that when they actually did not change classroom or teacher, they were bitterly disappointed. As you discuss these changes with your child, it is also important to recognise that their feelings are valid. We cannot dispute how they feel, but we can listen to them. Sometimes they want help, solutions and support. Other times they just want to let you know they are worried,

and that you will listen to them, without trying to fix their problems (difficult I know, because our job as parents is to keep them happy and safe). Acknowledge their feelings and ask them what they would like you to do.

A few resources are attached that may help to alleviate negative feelings associated with change. These can be incidental teachings via a book at bedtime, or could be explicitly discussed with your children, relating it back to changes in their own lives. A few books are:

- 'Changes' by Anthony Browne
- 'By the Light of the Moon' by Tom Percival
- 'Florette' by Anna Walker
- 'The Brothers Quibble' by Aaron Blabey
- 'Belonging' by Jeannie Baker

These online resources may also help:

<https://kidshelpline.com.au/kids/issues/making-friends>

<https://kidshelpline.com.au/kids/issues/theres-new-member-my-family>

If you feel your child needs additional support in transitioning to 2020, please feel free to contact me and we can discuss what may help. Alternatively, your child may already receive additional support outside of school that you would like to communicate to the 2020 teacher, in addition to the standard teacher to teacher handover about students that will be provided this year.

Kind regards,


Bernadette Whiting

bernadette.cox@det.nsw.edu.au


Stage 3 Police Talk

Stage 3 students benefited from listening to Constable Lewis from Hornsby Police Station and heard important information about cybersafety and etiquette. Websites like "Think U know" were discussed as resources to support people in an increasingly complex digital world. There are many benefits from our digital technologies and our global connections via the internet, but it is important for adults to discuss and monitor issues with our young people.





Pizza NIGHT



ALL YOU CAN EAT SAVOURY AND DESSERT PIZZAS!!!

The P & C is running a Pizza Night at the school on **Wednesday 18th December from 5pm**

The pizza night is a great chance for the school community to get together and celebrate the end of term in a relaxed environment. Bring a rug and find a spot on the grass.


Moving Bodies have generously agreed to provide a jumping castle for the kids.

Prices: \$25 per adult, with 1 child eating **FREE** per full paying adult
Each additional child is \$5

There will also be **drinks for sale** on the night, with proceeds going towards fundraising for the School Band program.

Payment can be made by direct deposit to:
Account name: Mt Kuring-Gai Public School P & C
BSB: 633-000
Account number: 156 311 540
Ref: [Surname] Pizza
Please RSVP to mkps.pandc@gmail.com and make your payment by **Wednesday 11 December**.

Note: Department of Education requires that this be a non-alcohol event.



Year 6 Farewell Dance

Year 6 students enjoyed their farewell dance this week accompanied by their year 5 student classmates.

A wonderful night was enjoyed by all and all looked beautiful! Thank you to the parents and carers who assisted the Year 5/6 teachers in the organisation of this event. Another memory created for the students of their primary school years.



Farewell from Mrs Tudor

On a recent professional learning day I attended, I was introduced to Dadirri, which is an Aboriginal word meaning 'Inner deep listening and quiet still awareness and waiting'. This introduction to Dadirri had me curious to know more and when searching days later, I came across the words of a remarkable Aboriginal woman Miriam Rose Ungunner-Baumann, who believes that Dadirri is the gift that Australians are thirsty for and I completely agree. A big part of Dadirri is listening, and to listen well, to really listen well, we need to find time amongst the madness to stop, to listen to the journeys of others, to truly listen to ourselves and to recognise that sometimes we all need to "just be". In the busy world of schools, this is not only important for our students but also for teachers and parents.

Over the past few months, I have realised that I need to put myself and my family first and attempt to find some balance in my life. I love this job with such passion, and the connections I have made with students and families in the past six years at Mount Kuring-gai Public School, I hold very dear to my heart. It's time for a new chapter in my teaching career and I'm not sure yet exactly what that looks like but being in the classroom and watching students thrive will be my top priority.

Six years ago, Leanne Johnson (Kai's mum) was my neighbour and during one of our many long chats, she told me I should work at Mount Kuring-gai Public School. I jokingly said "Well, get me a job there!" and a few weeks later, I was the Reading Recovery teacher. I had no idea just how special this place would be and I am grateful every day to Leanne for helping me to be part of such an amazing community.

For every staff member that has been part of my learning journey, supporting me and making me laugh when I needed it, thank you so much. To all the parents and carers of our students, thank you for your beautiful support. And to the gorgeous students at Mount Kuring-gai Public School, what an absolute honour and privilege it has been to be part of your lives.

As many of you know, I live locally so I look forward to continuing to be part of this great community and catching up with familiar faces regularly.

*Warmest regards,
Nicole*





Merry Christmas from the staff at OOSH



WEEK 7: LIGHTS, CAMERA, ACTION

THE CHILDREN WORKED COLLABORATIVELY, SHARING IN EACH OTHER'S SUCCESS TO CREATE SOME WONDERFUL STAGE SETS AND PROPS (OUTCOMES 1 & 4). IT WAS INTERESTING TO SEE THE AMAZING CREATIVITY, IMAGINATION AND CONFIDENCE THESE CHILDREN EXPRESS WHEN FACED WITH A CHALLENGE (OUTCOMES 4 & 3).

GETTING INTO THE CHRISTMAS SPIRIT

The children have decided to get into the Christmas spirit early! The children demonstrated their enthusiasm, creativity and confidence as they set up our OOSH Christmas tree and decided to begin Christmas craft (Outcome 4). The children were also challenged to communicate and negotiate with each other as they decided where the tree decorations would be placed (Outcome 5).





Merry Christmas from the staff at OOSH



Our OOSH values the children by attempting to facilitate their learning as much as possible through their own interests and ideas. This week, one child led a wonderful fluffy slime activity! The children loved experimenting and problem solving with different amounts of ingredients to get the consistency they wanted (Outcome 4). It is great to see the children demonstrating heaps of confidence as they share their knowledge and lead activities (Outcomes 1 & 5).



HEALTHY RISK TAKING

We love seeing the children express their confident self identities as they accept challenges and take measured risks such as exploring heights (Outcomes 1 & 3). We often try and encourage the children to challenge themselves to limits they feel comfortable and safe with. When taking measured risks, the children are able to feel a sense of pride when they succeed, develop their resilience as they persist and lower their level of anxiety in new situations (Outcomes 1, 3 & 4). We see lots of benefits when the children take risks and consider safety as they do so.

Gold Sponsor



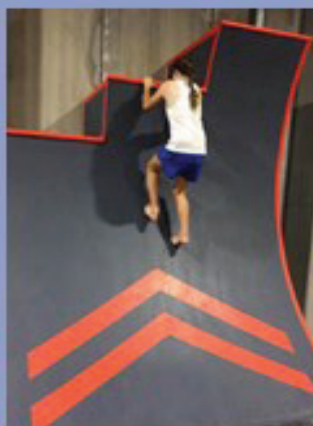
Sydney's newest indoor
Ninja Warrior / Parkour course!

Our new **Ninja Course** has a HUGE range of obstacles for you to commit and conquer! Take on our various sized warped walls, cargo nets, floating doors, rope climb, floating steps, spider wall, peg wall and loads more!

- Weekly Ninja / Parkour Classes
- Mini Ninjas Classes
- Birthday Parties
- School Groups
- Sporting Clubs

Monday – Friday
Mini Ninjas/Open Sessions week days

Weekend Open Sessions
Please refer to Moving Bodies website for open session times.
Bookings are essential.



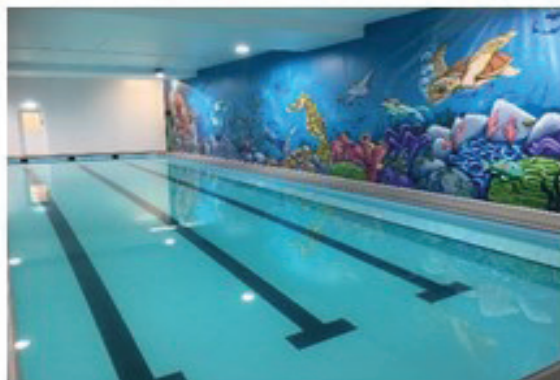
Our Australian made, eco-friendly 20 metre heated pool offers a range of Learn to Swim and Aquatic Fitness Classes for all ages and abilities.

Our team of friendly and qualified coaches work hard to encourage confidence in the water, structured programming and a safe and enjoyable experience for all swimmers.

- Learn to Swim Classes for Babies
- Toddler, Kids & Adults Learn to Swim
- Adult Aqua Fitness Classes / Adult Swimming

Special discounted entry into our Softplay Playground available before or after swimming lessons (Monday – Friday only).

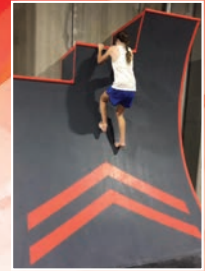
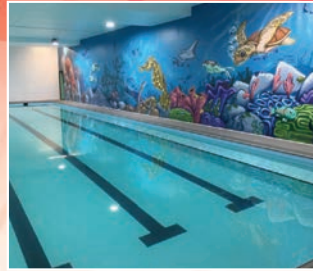
movingbodies.com.au / 9457 7732 / Mt Kuring-gai



Moving Bodies Holiday Programs are running over December & January



Holiday Program Guide



Gymnastics / Ninja School Holiday Program

GYMNASTICS – have fun using our foam pit, trampoline, sprung floor, novelty climbing wall, bars, beams, softplay playground and more!

NINJA – use our HUGE ninja course with cargo net, quintuple steps, floating doors, warped walls and more... all done in one day of fun!

Mini Ninja (Open Sessions) - 5 years and under

This open session is available for Ninjas from age 5 years and under. Sessions available each day – check website for times.



Ninja / Parkour (Open Sessions) DROP and CONQUER - 5 years+

Commit and conquer our HUGE Ninja Course and Parkour Centre! Warped walls, cargo nets, floating doors, spider wall and loads more! Supervised by our Ninja Coaches, sessions available every day of school holidays.



Gymnastics / Ninja / Swimming Holiday Program

SWIMMING – including pool fun, safety skills and stroke correction (These structured sessions are under the coaching, guidance & teaching of our qualified swim instructors)



GYMNASTICS – have fun using our foam pit, trampoline, sprung floor, novelty climbing wall, bars, beams, softplay playground and more!

NINJA – use our HUGE ninja course with cargo net, quintuple steps, floating doors, warped walls and more...

Swimming, Gymnastics and Ninja all in one day!

Ninja / Parkour (Open Sessions) DROP and CONQUER - 16 years+

This open session is available for participants aged 16 years and over. Challenge yourself on our course against older ninjas! Bookings essential.



Secure your bookings via www.movingbodies.com.au
Hamley Rd, Mt Kuring-gai NSW 2080

02 9457 7732

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info@mayateaworld.com.au
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Killara, NSW- 2071 |
Ph: + 61 2 8005 6809 |
www.mayaemporium.com.au





Register Now!

Hornsby Berowra Eagles AFL Club

Rofe Park, Hornsby Heights

Sunday 8:30 - 9:30am (commencing 29/3/2020)

Brendan Limbrey (Auskick Co-ordinator) 0408 219 187
Boys & Girls 4-8 years | Active Kids Provider

[Visit play.afl/auskick](http://play.afl/auskick)



SIXERS HOLIDAY PROGRAMS



This School Holidays we are running another Girls Only Holiday Fest! Everyone is welcome from those who are new to the game, to girls that just want to have a fun day with their friends!

Date: Monday 13th January 2020

Times: 9am - 3pm

Where: Normanhurst Oval

Ages: 7-12

Price: \$35

Bring: A Hat, Sunscreen, Recess and Lunch

*Come and Try!
Music, Dancing, Crafts &
Much More!*

Head to playcricket.com.au and search for "Hornsby Ku Ring Gai & Hills District Cricket Association" or click [HERE](#) to register!



Sign up today and receive a Woolworths Cricket Blast Holiday Pack as well as lots of prizes and giveaways on the day!

For more information email: daniel.anderson@cricketnsw.com.au



CIY.CLUB

CODE IT YOURSELF

School Holiday Coding Camps for kids aged 7-17



POLICE CITIZENS YOUTH CLUBS NSW

WHAT:

Keep the kids busy with our fun and interactive school holiday coding camps in:

- Website Design
- Game Coding
- 3D Printing & Design
- Electronics
- Minecraft Team Play

WHEN:

January 2020 School Holidays, 9am - 5pm

WHERE:

PCYC Hornsby/Ku-ring-gai
1 Park Ln, Waitara NSW 2077

BOOK NOW:

www.bit.ly/HornsbyCIY

For more information contact Amelia Shorter via
M. 0402 909 569 or E. amelia@scopelTeducation.edu.au



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DANCE CLASSES 2020

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2020 NETBALL REGISTRATIONS

ONLINE FROM 1ST JANUARY 2020

WWW.ASQUTHNC.NSW.NETBALL.COM.AU

**FREE UNIFORM
FOR ALL 2020
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ENQUIRIES: ASQUITHMAGPIESNETBALL@GMAIL.COM

* ACTIVE KIDS VOUCHERS ARE REDEEMABLE



NETBALL CLUB

A WINTER SPORT
FOCUSSED ON FUN,
INCLUSION AND
PERSONAL GROWTH
FOR AGES 7 AND UP.

IN PERSON REGISTRATION DAY
10AM—1PM SAT. 8TH FEBRUARY 2020
MAGPIES WAITARA
11-37 ALEXANDRIA PARADE, WAITARA

"SUPPORTING OUR PLAYERS ON THEIR NETBALL JOURNEY"



SCHOOL HOLIDAY PROGRAMS AT MACQUARIE UNIVERSITY

This summer, your kids can be cool and keep their bodies busy at our popular school holiday programs.

NEW Holiday multi-sport (age 6-10), gymnastics (age 5-12) and swimming programs (age 4-15)

Kids can bounce, balance and tumble around the gymnastics hall, jump in the pool, and get active with a variety of summer sports with our multi-sport, gymnastics and swimming classes.



Our multi-sport program is the ultimate sampler for engaging sports and games. It offers a wide range of physical activities and games which will develop fundamental movement and sporting skills.



Gymnastics offers three-hour workshops designed to teach your child technical gymnastics skills. Focusing on drills and skills for two apparatus' each day, participants will enjoy increasing motor skills and building their gymnastics ability.



Swimming classes range from learn-to-swim to more advanced levels. Individual and group lessons/clinics are available.

Macquarie University Vacation care

Our vacation care program has something for everyone: indoor and outdoor activities and excursions, arts and crafts, drama, cooking and games. It's hands off devices and hands-on fun.

Want more information? Visit our website: mq.edu.au/about/holidays



**GOOD NEWS
GREAT JOY**

THIS CHRISTMAS

CAROLS AND READINGS
SUNDAY 15TH DECEMBER
 Carols and Bible Readings at 6:30pm
 followed by supper

KIDS' CHRISTMAS
TUESDAY 24TH DECEMBER
 Kindi farm, Kids' activities and BBQ from 5:00pm
 Family friendly service at 6:00pm
 with Anglicare Giving Tree (bring a wrapped gift)

CHRISTMAS DAY
WEDNESDAY 25TH DECEMBER
 Communion Service 8:00am
 Christmas Celebration 10:00am



St John's Anglican Church
 6 Royston Parade, Asquith NSW 2077
 (02) 9482 3282 - Rev. Brian Heath
www.stjohnsasquith.org

School Holiday Activities



Free activities for primary school students at The Reserve Bank Museum

Students will receive an interactive presentation on banknote security features and get a closer look at the new \$20 banknote. They will also be taken on a guided journey through the Museum and learn about the history of Australia.

Cost:
Free (Registration essential)

Booking Information:

- Expressions of interest are now open for the Summer school holiday period.
- For further information, session times, and to register your child please visit the Museum website.
- Registrations will close on 10th January at 5.00 pm.

museum.rba.gov.au
museum@rba.gov.au
 (02) 9551 9743
 Ground Floor, 65 Martin Place, Sydney NSW 2000



RESERVE BANK OF AUSTRALIA

YOU'RE INVITED

**CHRISTMAS
CAROLS PARTY**

C3 CHURCH WAHROONGA
 SUNDAY 15TH DECEMBER | 4:30PM
 CAROLS AT 6PM



HORNSBY RSL YOUTH CLUB GYMNASTICS

HOLIDAY GYMNASTICS January 2020

We have a FANTASTIC range of holiday gymnastics programs for all ages and ability levels. They are sure to keep the kids active and entertained these school holidays. Member and non members welcome. Programs run by fully qualified staff.

**** EXTENDED MORNING AND AFTERNOON CARE NOW AVAILABLE ****

Holiday FUN

A full day program for children 5-12 years that is guaranteed FUN! The days are themed with lots of games, Gymnastics activities, circuits and much, much more!

GymSKILLS

A fun filled 3 hour program for children 5-12 years which aims to develop select Core Skills with the use of multiple drills and progressions to achieve the specific skill!

FreeG + Tumble, Tricks & Flips (TTF)

A 3 hour program for Junior's 5-12 years, combining tumbling, aerial and acrobatic skills with FreeG – A parkour style gymnastics class!

Combo Day

A full day program for children 5-12 years which combines our GymSKILLS, FreeG + Tumble, Tricks and Flips program! Fitting all of the best things into one action packed day!

Senior Gym

An action packed 2 hour program for students aged 12 – 17 years which includes GymSKILLS, Tumble Tricks and Flips along with FreeG – a parkour style gymnastics class! Suitable for beginners through to ex competitive gymnasts.

Extended Care

Extended care is available for those families who need additional morning or afternoon care for their child. Extended care can be ADDED to ANY holiday program.

Morning Care: 8am – 9am / Afternoon Care: 3pm – 5pm

Children will be kept entertained with craft, puzzles, games and fun filled activities!

Program Costs

2hr program = \$20 per session
3hr program = \$30 per session
6hr program = \$50 per session
Extended Morning care = \$8
Extended Afternoon care = \$16

**FOR MORE INFORMATION AND TO BOOK:
WWW.HORNSBYRSLGYMNASTICS.COM.AU**



School Zone Road Safety

December 2019

End of year road safety tips for parents and carers

The lead up to Christmas and the holiday period can be a very busy time of year. With this comes traffic congestion, fatigue and distraction. Here are some tips to help you get through it:

- Allow extra travel time to get to places.
- Avoid alcohol if you plan to drive.
- If travelling with packages in your car, place them in the boot or restrain them with a seatbelt to avoid them moving about while driving. In a crash unrestrained objects can cause severe injury to vehicle occupants.
- Ensure pets are properly restrained.

Tips for preparing to walk or cycle to school in 2020

Now is a great time to think about and plan how your family will travel to school next year. Walking (even part of the way), cycling, or catching a bus to school is a great alternative to school zone congestion.

- Plan a safe route with your child/ren.
- Identify safe crossing locations.
- Discuss how to spot dangers such as vehicles exiting driveways.
- Be aware of your surroundings
- Leave balls, mobile phones, and headphones in your bag.



NSW double demerit driver and rider offences

Double demerit points apply for speeding, seatbelt, motorcycle helmet and mobile phone offences during the following holiday periods:

Christmas Day to New Years Day:

Starts Friday 20 December 2019 to Wednesday 1st January 2020 (inclusive).

Australia Day:

Starts Friday 24th January 2020 to Monday 27th January 2020 (inclusive).



In the car - Journeys with kids

It is important your child is restrained in the correct child car seat for their age and size:

- It is recommended to keep children in a booster seat until they are at least 145cm in height.
- A child that is correctly secured in an approved child car seat is less likely to be killed or injured in a crash than one who is not.



Model safe and considerate behaviour for your child.
Remember, road safety starts with you!

This is a road safety initiative from Hornsby Shire Council. For further information contact the Road Safety Officer

